

1. A cooked cereal dough product high in total dietary fiber and in protein, comprising:
 - A. About 20% to 80% (dry weight) of the cooked cereal dough product of at least one starchy cereal ingredient;
 - B. sufficient amounts of at least one insoluble dietary fiber ingredient to provide a total insoluble fiber content of about 5-15% (dry weight);
 - C. sufficient amounts of at least one soluble dietary fiber ingredient to provide a total soluble fiber content about 5% to 15% (dry weight); and wherein the weight ratio of total insoluble to total soluble fiber ranges from about 1:1. to about 1.5:1; and,
 - D. sufficient amounts of a plant protein ingredient to provide a total protein content of about 15% to 30% (dry weight).
2. The cooked cereal dough product of claim 1 wherein at least a majority portion of the insoluble dietary fiber ingredient is provided by a cereal bran ingredient selected from the corn bran, wheat bran, rice bran and mixtures thereof.
3. The cooked cereal dough product of claim 2 wherein the cereal bran is added in a form having a particle size ranging from about 50 to 800 micron.
4. The cooked cereal dough product of claim 3 wherein the cereal bran has a particle size ranging from about 50 to 600 micron.
5. The cooked cereal dough product of claim 2 wherein the plant protein ingredient comprises wheat gluten, corn zein, defatted soy meal or flour, soy protein, soy protein isolate, and mixtures thereof.
6. The cooked cereal dough product of claim 5 wherein the plant protein comprises wheat gluten, corn zein and mixtures thereof.
7. The cooked cereal dough product of claim 6 wherein the food product is free of soy protein.
8. The cooked cereal dough product of claim 6 wherein a majority portion of the plant protein is wheat gluten.
9. The cooked cereal dough product of claim 6 in the form of a cooked cereal dough having a moisture content of about 15 to 35%.
10. The cooked cereal dough product of claim 2 in the form of a dried food piece having a moisture content of about 2% -6%.

11. The cooked cereal dough product of claim 10 wherein the dried food piece includes a topical coating.
12. The cooked cereal dough product of claim 2 wherein at least a portion of the inulin had a DP ranging from about 9-17.
13. The cooked cereal dough product of claim 12 wherein at least a portion of the inulin is provided in the sugar coating.
14. The cooked cereal dough product of claim 6 wherein the wheat gluten is non-vital wheat gluten.
15. The cooked cereal dough product of claim 2 in the form of flakes.
16. The cooked cereal dough product of claim 15 wherein the flakes have a thickness of less than 1 mm.
17. The cooked cereal dough product of claim 1 wherein the starchy cereal ingredient includes rice flour, wheat flour and mixtures thereof.
18. The cooked cereal dough product of claim additionally comprising about 0.1% to 1% of carboxymethyl cellulose
19. The cooked cereal dough product of claim 17 comprising about 18-22% total dietary fiber and about 18-22% wheat gluten.
20. The cooked cereal dough product of claim 15 wherein the flakes are dried having a moisture content of about 2% to 6%.
21. The cooked cereal dough product of claim of claim 16 wherein the flakes are wet having a moisture content of about 10% to 25%.
22. The cooked cereal dough product of claim 1 having a sugar content of less than 2%.
23. The cooked cereal dough product of claim 2 having a fat content of less than 2%.
24. The cooked cereal dough product of claim 2 additionally including about 0.5% to 4% salt.
25. The cooked cereal dough product of claim additionally including a topical coating.
26. The cooked cereal dough product of claim 25 wherein the topical coating includes inulin.
27. The cooked cereal dough product of claim 26 wherein the topical coating includes about 30% to 50% inulin.

28. The cooked cereal dough product of claim substantially free of wheat gluten.
29. The cooked cereal dough product of claim substantially free of corn zein.
30. A method for preparing a fiber fortified food product, comprising the steps of:
 - A. providing a cooked cereal dough comprising;
 1. About 20% to 80% (dry weight) of the cooked cereal dough product of at least one starchy cereal ingredient;
 2. sufficient amounts of at least one insoluble dietary fiber ingredient to provide a total insoluble fiber content of about 5-15% (dry weight);
 3. sufficient amounts of at least one soluble dietary fiber ingredient to provide a total soluble fiber content about 5% to 15% (dry weight); and wherein the weight ratio of total insoluble to total soluble fiber ranges from about 1:1. to about 1.5:1; and,
 4. sufficient amounts of a plant protein ingredient to provide a total protein content of about 15% to 30% (dry weight), and,
 5. about 15% to 40% moisture;
 - B. forming the cooked cereal dough into sized shapes and pieces; and
 - C. drying the pieces to a water activity of about 0.1 to 0.30 to form dried cereal dough pieces.
31. The method of claim 30 wherein at least a portion of the soluble fiber is provided by inulin.
32. The method of claim 31 wherein the soluble fiber level is at least 2g/oz (2g/24.8g).
33. The method of claim 17 wherein step A includes adding at least a portion of inulin to the dough after cooking.
34. The method of claim 33 wherein the moisture content of the cooked cereal dough ranges from about 10 to 35% by weight.
35. The method of claim 34 wherein in step C includes the sub-step of forming flaked pieces, and wherein in step C includes the sub-step of toasting the flaked pieces to form toasted, dried flaked R-T-E pieces.
36. The method of claim 35 wherein the method further includes:
 - D. providing a sugar coating to the flaked R-T-E pieces.
37. The method of claim 36 wherein the R-T-E cereal composition is of claim 2.
38. The method of claim 37 wherein the R-T-E cereal composition is of claim 8.

39. The method of claim 33 wherein step B includes the sub-step of forming the dough into pellets and wherein at least a portion of the inulin is added during pellet forming.
40. The method of claim 33 wherein at least a portion of the inulin is topically applied.
41. The method of claim 33 wherein at least a portion of the inulin is topically applied in a sugar coating.
42. The method of claim 20 wherein the β -2-fructofuranose includes inulin.
43. The method of claim 27 wherein the cooked cereal dough includes whole wheat.
44. The method of claim 19 wherein step D comprises deep fat frying whereby the dried cereal pieces are puffed to form puffed fried snack pieces.
45. The method of wherein step A includes adding at least a portion of protein to the dough after cooking.
46. The method of claim 30 wherein the cooked cereal dough includes a high potency sweetener.
47. The method of claim 46 wherein the high potency sweetener is selected from the group consisting of aspartame, sucralose, potassium acesulfame, and mixtures thereof.
48. The method of claim 47 wherein at least a portion of the high potency sweetener is sucralose.